

January/February 2025

# FCS NEWSLETTER



## SEE FLYER FOR UPCOMING PROGRAMS

1. HMKR Book Club
2. Puerto Rico Cooking Demo (Location Change)
3. Free Soil Testing at the Jefferson County Extension Office

## HOMEMAKER UPCOMING DATES

1. Jefferson Homemaker Cultural Arts **March 7th 10am**. Jefferson County Extension Office (POTLUCK)
2. Homemaker Leader Lesson Day **March 11th 10am-2pm** Shelby County Extension Office
3. Louisville Area Cultural Arts **March 28th** Henry County Extension Office
4. HMKR Council Meeting **April 22nd 10am**
5. KEHA State Meeting **May 6-8th** Lexington KY
6. Jefferson Annual Meeting **May 29th 11-2pm** Jefferson County Extension Office
7. Louisville Area Homemaker Annual Meeting **June 17th 10am** Celebration Barn 166 Old Jericho Road, Smithfield



**Martin-Gatton**

College of Agriculture,  
Food and Environment  
University of Kentucky.



# HOMEMAKER BOOK CLUB

**JOIN TODAY!**

**LOCATION: THE 2ND THURSDAY OF THE  
MONTH AT BON AIR LIBRARY AT 11:30AM**

**Reading: The Silent Patient by Alex  
Michaelides**

**Pick up copy of book on Feb 13, will discuss book in  
March.**

# Puerto Rico Cooking Class



Date: February 4th, 2025  
Time: 10am-12pm  
Location: Oldham County  
Extension Office  
207 Parker Dr, La Grange, KY 4003

Presented by FCS Agent Carolina Robles  
email: [carolina.robles@uky.edu](mailto:carolina.robles@uky.edu) for more  
information

## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506

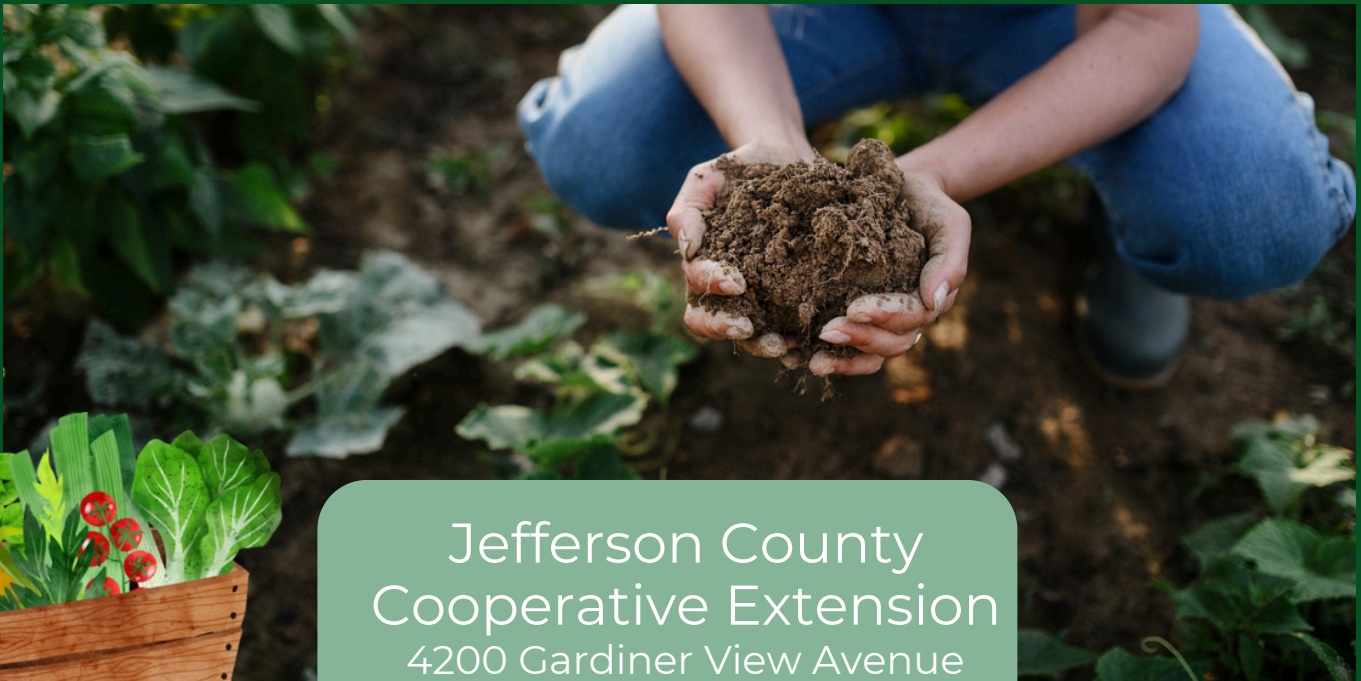


Disabilities  
accommodated  
with prior notification



# Free Soil Testing for Lead

Free lead testing for zip codes  
40203, 40210, 40211, 40212, and 40215



Jefferson County  
Cooperative Extension  
4200 Gardiner View Avenue  
Louisville, Ky, 40213

Call (502)569-2344 or Email  
[keisha.bruce@uky.edu](mailto:keisha.bruce@uky.edu) for details



# ADULT

# HEALTH BULLETIN



**JANUARY 2025**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Jefferson County  
Extension Office 4200  
Gardiner View Ave.  
Louisville, KY 40213  
(502) 569-2344

## THIS MONTH'S TOPIC

# STEP INTO NATURE: WINTER EDITION



**W**inter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

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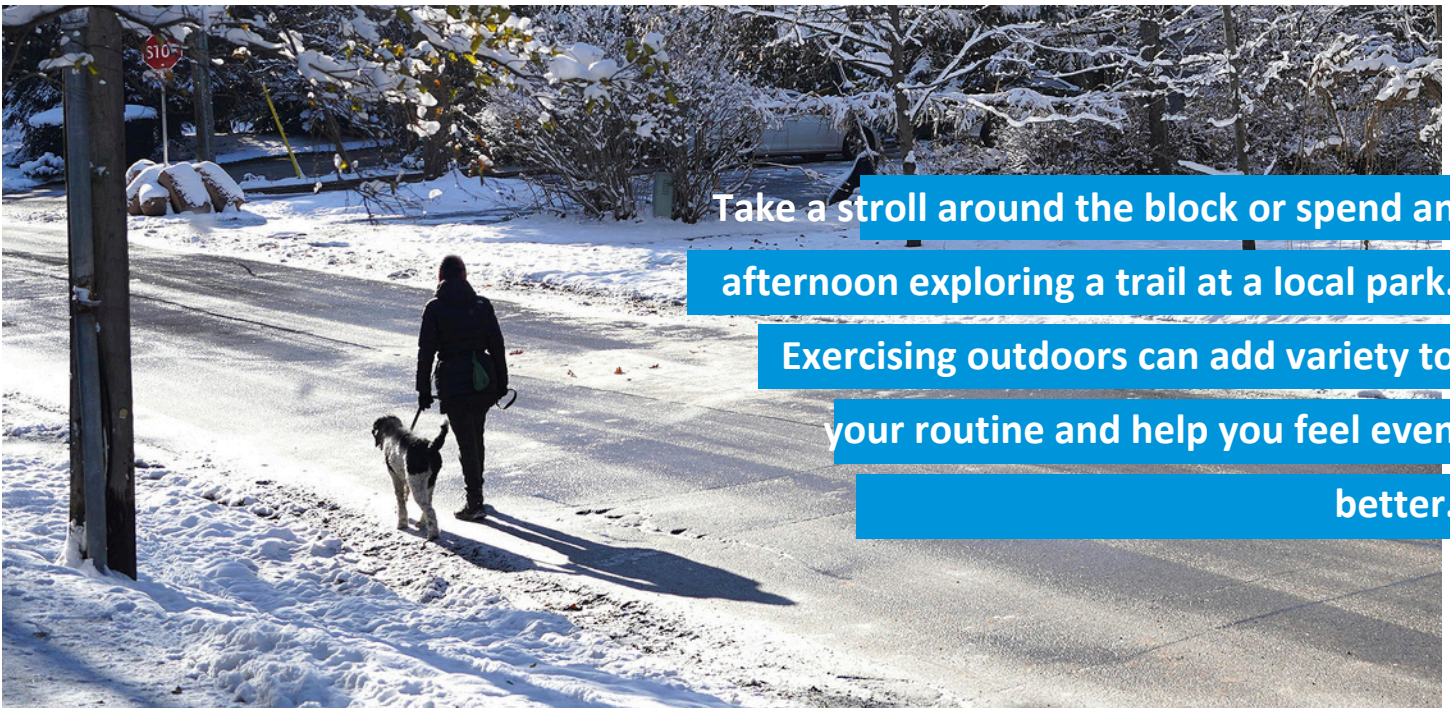
**Cooperative Extension Service**

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Take a stroll around the block or spend an afternoon exploring a trail at a local park.

Exercising outdoors can add variety to your routine and help you feel even better.

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your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

**When exercising outdoors, always remember to dress for the weather:**

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, socks, and shoes or boots with good grip and traction to prevent slips or falls.

REFERENCE: <https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

**ADULT**  
**HEALTH BULLETIN**

**Written by:** Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** Adobe Stock



# ADULT HEALTH BULLETIN



**FEBRUARY 2025**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME County  
 Extension Office  
 000 Street Road  
 City, KY Zip (000)  
 000-0000

## THIS MONTH'S TOPIC

# CAN YOU STOP CANCER BEFORE IT STARTS?



**T**he Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer

just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

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**Our bodies are made to move.**

**Cut your cancer risk by being active for at least 150 minutes per week.**

**➔ Continued from the previous page**

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

**Testing**

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

**Avoid tobacco and limit alcohol**

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

**Keep a healthy weight**

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

**Eat healthy foods**

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

**Be active**

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

**Protect your skin**

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:  
<https://prevention.cancer.gov>  
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**ADULT HEALTH BULLETIN**

Written by: Katherine Jury, MS  
Edited by: Alyssa Simms  
Designed by: Rusty Manseau  
Stock images: Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 1

Jefferson County Extension Office | 4200 Gardiner View Ave | Louisville, KY | 40213 | (502) 569-2344

## THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

### HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the “habit loop.” Those four steps are:

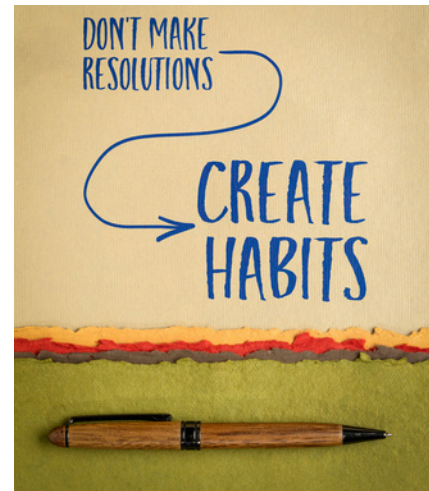
#### Cue □ Craving □ Response □ Reward

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

### HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what “cues” you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle – and the money spent on it – there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime “habit loop.” Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.



Cycle of Habit Loop	Form a Good Habit - <i>Make it ...</i>	Break a Bad Habit - <i>Make it ...</i>
<b>Cue:</b> Hunger	<b>Obvious</b> Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	<b>Invisible</b> Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
<b>Craving</b> Food	<b>Attractive:</b> If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	<b>Unattractive:</b> Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
<b>Response</b> Buy food	<b>Easy:</b> Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	<b>Difficult:</b> Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
<b>Reward</b> Full	<b>Satisfying:</b> Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	<b>Unsatisfying:</b> Appoint someone to hold you accountable and remind you of your commitment.

### CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

**New Habit:** \_\_\_\_\_

Cycle of Habit Loop	Form a Good Habit - <i>Make it ...</i>	Break a Bad Habit - <i>Make it ...</i>
<b>Cue:</b>	<b>Obvious:</b>	<b>Invisible:</b>
<b>Craving:</b>	<b>Attractive:</b>	<b>Unattractive:</b>
<b>Response:</b>	<b>Easy:</b>	<b>Difficult</b>
<b>Reward:</b>	<b>Satisfying:</b>	<b>Unsatisfying:</b>

### REFERENCE:

Clear, James (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



## January-Split Pea Soup



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Prep time: 10 minutes**  
**Cook time: 90 minutes**

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

red pepper (if using), chicken broth, and 2 cups of water.

4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.

5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

### Slow cooker variation:

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings

Serving Size: 1 cup

Cost per recipe: \$6.97

Cost per serving: \$0.58

### Nutrition facts

<b>per serving:</b>	210
calories;	3.5g total fat;
0.5g saturated fat;	0g trans fat;
0mg cholesterol;	390mg sodium;
34g total carbohydrate;	11g dietary fiber;
5g total sugars;	0g added sugars;
12g protein;	0% Daily Value of vitamin D;
4% Daily Value of calcium;	10% Daily Value of iron;
15% Daily Value of potassium	

### Source:

LaToya Drake, Extension Specialist for Food Access and Equity, University of Kentucky Cooperative Extension Service





## February-Cauliflower Bites

**Prep Time: 15 minutes**  
**Cook Time: 19 minutes**

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees  
F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

### Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving Size: 1/2 cup bites

Cost per recipe: \$3.87

Cost per serving: \$0.48

### Nutrition facts

**per serving:**  
100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

### Source:

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Cooperative Extension

